What is claimed is:

1. A shelter frame, comprising:

at least first and second upwardly extending poles;

a linkage assembly linking the first and second poles, said linkage assembly having joints;

at least first and second fixed connectors pivotally securing first portions of said linkage assembly to said first and second poles respectively;

at least first and second sliding connectors pivotally securing second portions of said linkage assembly to said first and second poles respectively;

a connector locking assembly sized and shaped to lock said first sliding connector relative to said first fixed connector; and

a rolling element bearing interposed between mating members of said linkage assembly.

2. The shelter frame of claim 1 wherein said rolling element bearing is a roller bearing.

3. The shelter frame of claim 1 wherein said rolling element bearing is a thrust bearing.

4. The shelter frame of claim 1 further including at least a third and fourth upwardly extending poles linked by said linkage assembly.

5. The shelter frame of claim 1 further including canopy supports secured to said first and second poles.

6. A portable frame for creating a shelter, comprising:

a first and second pole;

a jointed linking arm connected to said first and second pole, said jointed linking arm having rolling element bearings located within the joints of said linking arm; and

a canopy support brace fixed to the top of said first and second poles.

7. The portable frame of claim 6 wherein said rolling element bearings are roller bearings.

8. The portable frame of claim 6 wherein said rolling element bearings are thrust bearings.

9. The portable frame of claim 6 further including a slideable locking connector and a fixed connector shaped and positioned to secure said jointed linking arm with said first and second poles.

10. The portable frame of claim 6 further comprising:

third and fourth upwardly extending poles;

a second jointed linking arm connected to said second and third poles;

a third jointed linking arm connected to said third and fourth poles; and

a fourth jointed linking arm connected to said first and fourth poles.

11. The portable frame of claim 6 wherein said canopy support brace includes a head connector and at least first and second canopy support rods, each support rod including a first rod member pivotally secured to a second rod member, said first rod members also pivotally secured to a respective pole and said second rod members also pivotally secured to said head connector.

12. A portable shelter comprising:

a plurality of support legs;

a plurality of trusses connecting said support legs together;

said trusses comprised of a plurality of truss members interconnected to each other so as to create a truss that is selectively expandable and retractable;

a plurality of joints connecting said truss members together; and

a rolling element bearing being disposed in at least one of said plurality of joints of said truss members.

13. A portable shelter according to claim 12 comprising:

a plurality of attachment points between said trusses and support legs; and

a rolling element bearing being disposed in at least one of said attachment points.

14. A portable shelter according to claim 12, further comprising:

a canopy support framework interconnected with said plurality of support legs;

a plurality of mounting locations wherein said canopy support framework interconnects with said support legs; and

a rolling element bearing being dispersed in at least one of said mounting locations.

15. A portable shelter according to claim 12, further comprising:

a canopy support framework interconnected with said plurality of support legs;

said canopy support framework including a plurality of interconnected canopy support members; and

a rolling element bearing disposed in at least one of a joint of said interconnected canopy support members.